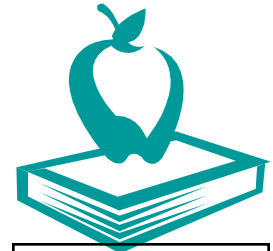


Red Cliff Community Health Center Newsletter



September 2010

Back To School Safety Tips

Here are some simple reminders for drivers:

- Slow down and be especially alert in the residential neighborhoods and school zones
- Take extra time to look for kids at intersections, on medians and on curbs
- Enter and exit driveways and alleys slowly and carefully
- Watch for children on and near the road in the morn-

ing and after school hours

- Reduce any distractions inside your car so you can concentrate on the road and your surroundings. Put down your phone and don't talk or text while driving

using traffic signals and crosswalks

- Never run out into the streets or cross in between parked cars
- Make sure they always walk in front of the bus where the driver can see them.

Reminder for your kids:

- They should cross the street with an adult until they are at least 10 years old
- Cross the street at corners,



Backpack Safety

Is your child overloaded?

Of all the physical burdens children must shoulder, their backpacks are probably the heaviest.

Crammed with everything from lunches to laptops, bags can cause stiff necks, sore shoulders and aching backs. The consumer Product Safety Commission found that every year, more than 10,000 children ages 5 to 14 see doctors with backpack-related complaints.

"The extra stress placed on the spine and shoulder from heavy loads is causing children to develop adult-like back problems," said Dr. Christine Ho, a pediatric orthopedic specialist at Children's Medical Center and assistant professor of Orthopaedic Surgery at UT Southwestern Medical Center. "The most common injuries are muscle strains and, in extreme cases, slipped discs. Some injuries could lead to long term con-

ditions if not avoided."

Easy on their backs

The American Academy of Pediatrics recommends looking for these features when shopping for your child's backpack:

- Wide, padded shoulder straps-Narrow straps can dig into shoulders. This can cause pain and restrict circulation.
- Two shoulder straps-Backpacks with one shoulder strap that runs across the body do not distribute weight evenly.
- Padded back-Extra padding protects against sharp edges on objects inside the pack and increases comfort.
- Waist strap-A strap can distribute the weight of a heavy load more evenly.
- Lightweight backpack-The backpack itself should not add much

weight to the load.

-Rolling backpack-This type of backpack may be a good choice for students who must tote a heavy load.

Tips to prevent injury

- Always use both shoulder straps.
- Tighten the straps so that the pack is close to the body.
- Pack light. The backpack should never weigh more than 10-20% of the student's body weight.
- Pack heavier items closest to the center of the back.
- Stop often at school lockers, if possible. Don't carry every book all day.
- Bend using both knees to pick up the backpack.
- Learn back-strengthening exercises. Ask your pediatrician for advice.

Resources: www.childrens.com



Stimulus Project Improvements to Begin at the Health Center

The Red Cliff Health Center received a grant from the American Recovery and Reinvestment Act (ARRA) to make improvements to our building. These funds will be used to place a more durable and energy efficient exterior finish on the entire building, replace worn floor coverings, renovate the lobby/reception area to make it more efficient for staff and clients, and to improve the heating and cooling system of the building.

Please excuse us during these improvement projects, which will begin very soon.

PLAY IT SAFE!

Each year, thousands of children 5 and under have eye accidents at home, at play, or in the car. These eye injuries can damage a child's sight and even cause blindness. Taking these simple steps can help prevent eye injuries to your child:

1. Understand the dangers
2. Find and remove hazards
3. Watch your child closely

The most common causes of eye injuries to children include:

- Misuse of toys
- Falls from beds, against furniture, on stairs, and when playing with toys
- Misuse of everyday tools and objects (work and garden tools, knives and forks, pens and pencils)
- Contact with harmful household products (detergents, paints, glues, etc.)
- Automobile accidents

Finding and removing hazards

At Home: Use safety gates at top and bottom of stairs. Pad or cushion sharp corners. Put lock on all cabinets and draws that kids can reach. Keep all sharp or pointed objects out of kid's hands. Put away all hazardous chemicals, including cleaning solutions. Keep your child out of work areas.

At Play: Read all warnings and instructions on toys. Avoid toys with sharp edges or hard points, spikes, and rods. Don't buy toys that fly or shoot. Be aware of items in playgrounds and play areas that are hazards. Make sure your child wears proper eye protection when playing sports.

On the Road: Make sure children are properly secured in baby carriers and child safety seats and that the seat and shoulder belts fit well. **Children age 12 and younger should never ride in the front seat.** Store loose items in the trunk, or

secured on the floor. Any loose object can become dangerous in a crash.

How to tell if your child has an eye injury

- Your child has obvious pain or trouble seeing.
- Your child has a cut or torn eyelid.
- One eye does not move as well as the other.
- One eye sticks out compared to the other.
- One eye has an unusual pupil size or shape.
- There is blood in the clear part of the eye.
- Your child has something in the eye or under the eyelid that can't be easily removed.

If you suspect that your child has a vision problem, visit an eye doctor for an exam.

Source:

Prevent Blindness America

The Joy of Fitness from Morning 'til Night

The key to lifetime fitness is simple. Find physical activities that you enjoy and do them regularly. If you enjoy activity, you won't dread and avoid finding time to exercise. Different people enjoy different activities - so the real key is to find a variety of activities that bring a smile to your face and a bounce to your feet. Here are twelve joyful ways to make fitness an everyday activity for your family.

1. **Greet the day with a stretch:** Early morning activity can energize your day. Even a few gentle stretches can make a big difference.
2. **Walk a dog or several dogs:** New research shows that both dogs and their people lost weight and gained fitness with daily walks.
3. **Play with a child:** Kids naturally love to move their bodies, so moving with them is bound to be fun indoors and out.
4. **Balance your day with yoga:** Studies show that

yoga is good for your body and even better for stress reduction and relaxation.

5. **Splash in a pool:** If moving around on land is hard on your joints, a water aerobics class or lap swim can be a real pleasure.
6. **Toss a ball with friends:** A pickup game of basketball at the gym? An evening volleyball league? Or just a soft foam ball with a child?
7. **Do it to music:** An activity goes faster when you listen to something. Pick some upbeat tunes or listen to books on CD.
8. **Kick up your heels:** Even short bursts of activity improve your health. All it takes is 10 minutes of activity, 3 times a day.
9. **Do something silly:** Laughter is good for everyone. It moves all the muscles on your face, relieves tension and reduces stress.
10. **Make it a family thing:** A family that plays together,

stays healthy together. Give every person a chance to choose a favorite activity.

11. **Try a totally new activity:** Try yoga, Pilates, tai chi, kickboxing or the hottest new trend in fitness classes - belly dancing!
12. **Dance with someone you love:** It's the perfect holiday combination - activity for your body, music for your ears and joy for your heart.

Adapted by the NC NET Program from Eat Right Montana materials



Prostate Health Prevention

- ✦ Get your prostate checked yearly after age 40
- ✦ Eat right. Studies show that people who eat a high fat diet have a greater risk of developing prostate cancer. On the other hand, fiber, soy protein, fruits, and cooked tomatoes have all been shown to reduce risk.
- ✦ Watch your weight. Obesity may be a contributing factor to a number of cancers, including prostate.
- ✦ Exercise regularly
- ✦ Don't smoke
- ✦ Limit alcohol and avoid caffeine
- ✦ Drink a lot of water. This can help flush out your bladder. Urine should be almost clear.
- ✦ Have regular sex. The best way to empty the prostate is to ejaculate.
- ✦ Consult your doctor about other prevention tips.

Please note: Men's Health Network does not provide medical services. Rather, this information is provided to encourage you to

begin a knowledgeable dialogue with your physician. Check with your health care provider about your need for specific health screenings.



Waate
Begaa



Gūizis

Frog Bay Walk/Run

Saturday, September 25, 2010

Walk/Run 10:00am to 12:00pm

Registration starts at 9:30am

Meet at the Evenstart Building.

*There will be a bus that will shuttle you out
to Frog Bay or the Early Childhood Center.*

T-Shirts will be given to participants.

Food and Refreshments will

For more information contact: Janet Hillert 715-779-3707

RED CLIFF WALKING CLUB MEMBERS



**The End of the Walking Club is
Friday, September 17, 2010
from 9:00am to 12:00pm
Red Cliff Health Center Conference Room**

***We will be doing final tally of miles, weight, blood pressure,
blood sugar, cholesterol and hemoglobin screenings.***

Items to purchase with your miles will be available.

Dietician Rebecca Crumb-Johnson will be available

Refreshments will be served!

**For more information con-
tact:**

Janet Hillert

Bicycle Safety: Myths and Facts

Learning to ride a bike is a developmental milestone in the life of a child. The bicycle, a child's first vehicle, is a source of pride and a symbol of independence and freedom. Yet all too often children are seriously injured, or even killed, when they fail to follow basic bicycle safety rules. The following is a list of common bicycle safety myths, coupled with the correct information you need to teach your children about safe bike riding. These facts will help you and your children make every bike ride safe.

Myth: My child doesn't need to wear a helmet on short rides around the neighborhood.

Fact: Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. In fact, the majority of bike crashes happen near home. A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.

Myth: A football helmet will work just as well as a bicycle helmet.

Fact: Only a bicycle helmet is made specifically to protect the head from any fall that may occur while biking. Other helmets or hard hats are made to protect the head from other types of injury. Never allow your child to wear another type of helmet when riding a bike.

Myth: I need to buy a bicycle for my child to grow into.

Fact: Oversized bikes are especially dangerous. Your child does not have the skills and coordination needed to handle a bigger

bike and may lose control. Your child should be able to sit on the seat, with hands on the handlebars, and place the balls of both feet on the ground. Your child's first bike should also be equipped with footbrakes, since your children's hand muscles and coordination are not mature enough to control hand brakes.

Myth: It's safer for my child to ride facing traffic.



Fact: Your child should always ride on the right, with traffic. Riding against traffic confuses or surprises drivers. Almost one fourth of bicycle-car collisions result from bicyclists riding against traffic.

Myth: Children shouldn't use hand signals, because signaling may cause them to lose control of their bikes.

Fact: Hand signals are an important part of the rules of the road and should be taught to all children before they begin to ride in the street. They are an important communication link between cyclists and motorists. Any child who does not have the skills necessary to use hand signals without falling or swerving shouldn't be riding in the street to begin with. Many accidents involving older children occur when they fail

to signal motorists as their intended actions.

Myth: Bike reflectors and a reflective vest will make it safe for my child to ride at night.

Fact: It's never safe for your child to ride a bike at night. Night riding requires special skills and special equipment. Few youngsters are equipped with either. Never allow your child to ride at dusk or after dark.

Myth: I don't need to teach my child all of this bicycle safety stuff. I was never injured as a child. Biking is just meant to be fun.

Fact: Riding a bike is fun - if it's done safely. Unfortunately, most people don't realize hundreds of thousands of children are seriously injured each year in bicycle falls. Worse still, more than 600 children die from them each year. While you may have been lucky enough to survive childhood without a serious bicycle-related injury, you shouldn't count on luck to protect your child.

Teach your child these basic safety rules:

1. Wear a helmet.
2. Ride on the right side, with traffic.
3. Use appropriate hand signals.
4. Respect traffic signals.

Basic safety measures like these can keep bicycle riding enjoyable and safe for your child.

Source:

TIPP - The Injury Prevention Program

Red Cliff Health Clinic

We talk baby talk.

NEST Update

Due to a gift of funds last Spring, the HOC staff was able to restock the long-time bare NEST. It's an honor to have NEST goods available to all our families again! We'll do our best to keep it that way.

Contact your HOC staff:

Rose Gordon, Outreach Worker

715-779-3707, ext. 225

or

Debra Elmore-Nesheim, MCH Nurse/HOC Coordinator

715-779-3707, ext. 263



If you're an Honoring Our Children family, you've heard of the NEST Store. If you're not an HOC family, you still probably heard of the NEST! If you aren't familiar with it, the NEST is an incentive program that allows Honoring Our Children participants to earn dollars by attending doctor's appointments, group sessions, WIC, prenatal appointments and more. The family can then use their dollar points to purchase needed items in the NEST. Items vary with each visit, but usually include: educational toys and books, breastfeeding supplies, diapers and infant clothes.



Highlights

- Due to a series of events, Honoring Our Children now requires that a NEST tally sheet be brought to **every** visit in which points are redeemed in the NEST. This is to assure points are accounted for and items are available for all HOC families!

Red Cliff Health Clinic

88455 Pike Road, Highway 13
PO Box 526
Bayfield, WI
54814

Phone: 715-779-3707

Fax: 715-779-3777

Email: debra.nesheim@redcliff-nsn.gov





**THE RED CLIFF TRIBAL COUNCIL IS SEEKING TWO (2)
COMMUNITY REPRESENTATIVES TO SERVE ON THE ECC
POLICY COUNCIL**

**FOR FURTHER INFORMATION PLEASE CONTACT RED
CLIFF ADMINISTRATION AT 779-3700**

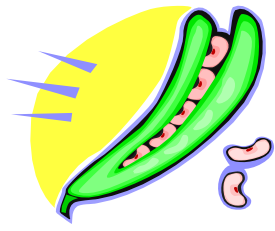
**IF YOU ARE INTERESTED IN SERVING ON THIS COMMITTEE, PLEASE
PICK UP AN APPLICATION AT THE FRONT DESK, UPPER LEVEL OF THE
ADMINISTRATION BUILDING.**

**PLEASE RETURN YOUR APPLICATION TO THE RECEPTIONIST AT THE
UPPER LEVEL OF THE ADMINISTRATION BUILDING.**

**APPLICANTS CANNOT BE IMMEDIATELY RELATED TO ANY ECC STAFF
PERSON.**

DEADLINE FOR THIS APPLICATION IS SEPTEMBER 17, 2010

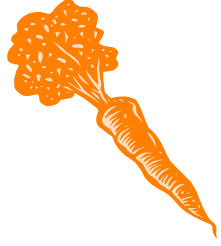
88385 PIKE ROAD, HWY 13 • BAYFIELD, WISCONSIN 54814 • (715) 779-3700 • FAX (715) 779-3704



TO OUR ELDERS:



The Red Cliff Agricultural Program would like your help in compiling some recipes you may have for vegetables.



Soups, salads, snacks or entire meals; if there are veggies in it we want to know about it.

Contact Melanie or Sarah @ 779-3782

Red Cliff Health Clinic

Supporting Healthy Infants and Parents



This group (formerly known as the Breastfeeding Support Group) is an answer to requests for group teaching and discussions about being or becoming parents. Please join us for informative discussion led by you. Edibles will be provided.

Where: **Red Cliff Health Center**

When: **Monday, September 13, 1:00—3:00 PM**

Monday, September 27, 10:00 AM—12:00 PM

We talk baby talk.



Honoring Our Children

Red Cliff Health Clinic

88455 Pike Road, Highway 13
PO Box 526
Bayfield, WI

Phone: 715-779-3707
Fax: 715-779-3777

Email: debra.nesheim@redcliff-nsn.gov

Tribal Disability and Elderly Benefits Specialists

Date: September 21 st 2010

Time: 11 am—2 pm

We will be conveniently located in the back elderly day-room...(Bruce's Office)

Two representatives from the Great Lakes Intertribal Council will be available to assist with benefit counseling for enrolled tribal members aged 18-and up with issues pertaining to:

- Medical Assistance/ Medicare
- Social Security Disability/SSI
- Housing, Food Share, Basic needs
- Health Insurance
- Veterans Benefits

Please Contact Sarah Quale with any questions. 715.779.3490

Red Cliff Health Clinic

88455 Pike Road, Highway
13
PO Box 526
Bayfield, WI

Phone: 715-779-3707
Fax: 715-779-3777

We're on the Web!

www.red-cliff-health.com

Clinic

715-779-3707

Mon - Fri

8:00am to 4:30pm

Optical

715-779-3707

Mon & Weds

1:00pm to 4:00pm

Pharmacy

715-779-3157

Mon - Fri

9:00am to 12:00pm

&

1:00pm to 4:00pm

Dental

715-779-3707

Mon - Fri

(Call for an
appointment)

SAFE FOOD HANDLING

The Core Four Practices

Right now, there may be an invisible enemy ready to strike. He's called BAC (bacteria) and he can make people sick. In fact, even though consumers can't see BAC - or smell him, or feel him - he and millions more like him may already be invading food products, kitchen surfaces, knives and other utensils.

But consumers have the power to Fight BAC! And

to keep food safe from harmful bacteria. It's as easy as following these four simple steps:

- ✦ **CLEAN:** Wash hands and surfaces often
- ✦ **SEPARATE:** Don't cross-contaminate!
- ✦ **COOK:** Cook to proper temperature
- ✦ **CHILL:** Refrigerate promptly

